

**From:** Coats, Janetta  
**Sent:** Wednesday, September 13, 2017 7:35 AM  
**To:** Spalding, Susan  
**Cc:** Rogers, Joan; McKinney, Jason; Flores-Gregg, Paula; Vaughn, Gloria; Urban, Trevor; Collier, Deanna; Murray, Annah; Sanders, LaTonya; Houston, Pamela; Swatts, Darriel; Bryan, David; Watson, Linda (R3); Ford, Jeremy; Wilson, Wenona; Taylor, Maren; Maynard, Katy; Kerr, Michelle; Ohl, Matthew; Stevens, Jim; Pollock, Devin; Villaneda-VanVloten, Isabel; Dunbar, Bill; Ofosu, Philip; Ortiz, Eduardo; Stowell, Jacob; Ropski, Carol; Burrus, Sheila; Deyoe, Jeremy; Zieba, Kyle  
**Subject:** FW: Daily Tip for Relieving Stress # 10

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**10. This May be the Most Important One.** During a disaster response, such as this, you may build friendships you did not have before, working with people from other regions, or even other programs within your region. That’s a good thing. But just as importantly, it is easy to ruin a friendship during stressful times also. If you want to still be a friend after this is over with, treat your friends with respect, and do not jump on them just because things are not much fun. Your real friends will be here for you now, and in the future... as long as you don’t run them off...

**09. Play around (just not too much!).** Kids and animals seem to have a natural ability to play, without stressing about their overflowing inboxes or the beat-down meetings and conference calls. Until upper management authorizes cookies, milk, and nap time each afternoon, we all have to take personal responsibility to relax. Watch a sitcom or movie after work. And if you go to dinner together, force yourselves not to talk about work, the disaster, or other things that just keep you frustrated. But be a little careful... while you may think a good practical joke will lighten the mood in the work area, understand some people do not have a sense of humor...

And if you ever need to just talk, give me a call... 972.489.5894

One of our wonderful response personnel shared this with me on how he deals with issues... this is good advice for all us...



HAVE A GREAT DAY!  
**Janetta Coats**

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